

CRISIS INTERVENTION

James and Gilliland (2017)

9 CRISIS INTERVENTION STRATEGIES

- creating awareness
- allowing catharsis
- providing support
- promoting expansion
- emphasizing focus
- providing guidance
- promoting mobilization
- implementing order
- providing protection.



1

PREDISPOSITIONING/ ENGAGING

Introduce you self, remain calm and warm, state reason for being there, allow catharsis without escalation

PROBLEM EXPLORATION

Obtain information about the precipitating event, not a complete history

2

PROVIDING SUPPORT

- Psychological Support
- Logistical Support
- Social Support
- Informational Support

3

EXAMINING ALTERNATIVES

- Situational supports
- Coping mechanisms
- Positive thinking patterns

4

PLANNING IN ORDER TO REESTABLISH CONTROL

Use resources from Task 4 to develop a plan that supports the client's autonomy

5

OBTAINING COMMITMENT

Do not force commitment; summarize the plan, gain verbal or written acknowledgement

6

7

FOLLOW UP

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